



AQUA-NEWS

November 2021

www.swimmingfast.com

Our 2020-2021 Award Recipients

FINA PTS WINNER OVERALL

FEMALE



Sara McNabb

MALE



Ethan Nestoruk

Coach of the Year



Wendy Sinclair

DAVID WALKER SPIRIT OF THE SPORT AWARD

This is a memorial award given to a swimmer who best exemplifies the qualities of sportsmanship, camaraderie and commitment to the sport of swimming.

Veronica started swimming when she was very young, and despite injuries that made swimming a challenge she had a long and accomplished swimming career. She was exceptionally dedicated to the team both as an athlete and a coach, as



Veronica Belsh

well as a mentor and cheerleader for her teammates and friends. Her work ethic was always evident in practice, at the gym and as she did her homework between practices. Veronica always modeled hard work, loyalty, and perseverance and although she cannot be with us, I wish her Congratulations!

INSPIRATIONAL AWARD

Awarded to the swimmer who regardless of what challenges they face shows dedication, effort and aspirations of becoming a better athlete.

Nicole, who graduated last year having swum with FAST for many years was dedicated to swimming and the team both



Nicole Kirby

as a swimmer and a coach. Nicole had many challenges thru her swimming career including an injury that effected her swimming as well as a difficult family illness. Nicole is a quiet but courageous person who remained positive, hard working, and dedicated despite her personal challenges. Congratulations to Nicole!

FINA Points Winners Age Groups

| FINA AGE GROUP WINNERS | Female | Male |
|------------------------|-----------------|-----------------------|
| 10 and Under | Angelina Wang | Michael Tselichtchev |
| 11 - 12 | Sara McNabb | Mohamed Elshahat |
| 13 - 14 | Samantha Norris | Jonathan Tselichtchev |
| 15 - 17 | Sophie Penney | Ethan Nestoruk |

The performances from different age groups and all events are ranked based on their times and FINA points.

The FINA Points Table allows comparisons of results among different events.

The FINA Point Scoring assigns point values to swimming performances, more points for world class performances, typically 1000 or more, and fewer points for slower performances. Point values are assigned every year.

MOST IMPROVED SENIOR

Senior swimmer who has made the biggest improvement over the year.

Ethan Nestoruk

Ethan has always kept his eyes on the prize. Even with a difficult year ahead he dedicated himself to work hard on improving his skills. Ethan's desire to succeed was visible in every stroke he took. He worked hard on improving those small technical skills and on flawless race execution. All his dedication and work culminated in a very successful competition at Atlantic Cup. Congratulations Ethan!



MOST IMPROVED ROOKIE

1st year of a competitive program that made the biggest improvement in stroke development and performance.

Vera Rosales

Vera made a big splash in Aqua 2 last year. From her first day, she was making friends, encouraging others, and eager to get in the water. She constantly strives to be better, and does her best to make sure everyone has a good time. Vera loves drills and sprint sets, but enjoys anything as long as it's with the team. She is an excellent leader, and we are excited to see what she can do with FAST in the next few years.



Our Swimmers of the Month – 2020-2021

Swimmers of the Month



Luke Addison



Michael Tselichtchev



Abby Lamontagne



Veronica Belsh



Anna O'Connor



Kayla Scholten

FAST Champion

A swimmer whose behaviour best reflects the FAST team values and culture, including having a positive, "can do" attitude; being a good sport; and a supportive teammate

**FAST
CHAMPION**

**TERRIFIC
TEAMMATE**

Swimmers of the Month

Mark Addison
Ciana Chiasson
Olivia Cummins
Daniel Duguay
Claire Finley
Jessica Hickey
Mateo Mbaya
Ethan Nestoruk
Kayla Scholten
Emerson Scott
Mohamed Sharaby
Emma Sinclair
Noemie Sivret
Ruby Smith
Kate Stewart
Makayla Wang
Libby Waugh
Sammy White
Tom Wielemaker

TERRIFIC TEAMMATE AWARD
VOTED BY SWIMMERS

Swimmers of the Month



Makayla Wang



Ciana Chiasson



Libby Waugh



Olivia Cummins



Daniel Duguay



Tom Wielemaker

GO THE DISTANCE TEAMMATE

- Is motivated and committed
- has willpower, can overcome adversity and persevere
- Swims with some consistency, rhythm and tactical intelligence

**GO THE
DISTANCE
TEAMMATE**

Our Swimmers of the Month – 2020-2021

Swimmers of the Month



Luke Addison



Vera Rosales



Anna O'Connor



Bea Sinclair



Jamie Lougheed



Kayla Scholten

TEAM SPIRIT AWARD

Supporting teammates and wearing team gear in practice and competition

TEAM SPIRIT

Swimmers of the Month



Hazel Wright



Rori Gaines



Mark Addison



Veronica Belsh



Jesse Canney



Mateo Mbay



Samantha Norris



Alex Ebbett



Jackson Hoyt



Emma Sinclair



Sara McNabb

TRAINING AWARD

Improvement in training times, focus, and concentration during workout

TRAINING

Swimmers of the Month

Gabby Banquicio

Nick Duguay

Jacob Ebbett

Caleb Griffiths

Tim Hu

Mackenzie Norris

Anna O'Connor

Emerson Scott

Emma Sinclair

Nick Wallace

Sammy White

Dan Wielemaker

IMPROVEMENT AWARD

Improvement in swimming skills, strokes and technique

IMPROVEMENT

Unexpected, but not a surprise: Anticipating stressors in competition

October 27, 2021

by Benjamin Sereda, Nick L. Holt, and Amber Mosewich, University of Alberta



An athlete's ability to cope with stress is crucial for performing well in competition. Many stressors can arise for athletes, including training demands, pressure to do well, conceding points, and discomfort.

Most of the stress that athletes experience during competition stems from unexpected stressors. In fact, research shows that between 69% and 92% of stressors experienced by athletes weren't anticipated prior to competition (Dugdale et al., 2002; Holt et al., 2007).

Compared to expected stressors (stressors that an athlete has planned or prepared for), unexpected stressors often result in athletes feeling more stressed (Dugdale et al., 2002). Unexpected stressors also result in athletes showing poorer coping efforts and stronger emotional responses (Devonport et al., 2013). Collectively, this inability to manage unexpected events surrounding competition can negatively affect athlete performance (Gould et al., 1999).

Unexpected stressors happen often and are more challenging to manage than expected stressors. However, they can be managed. One way to manage them is by expecting them. To help reduce the frequency and impact of unexpected stressors, we describe and provide examples of common unexpected stressors during competition. Then we offer 4 research-informed recommendations for coaches and practitioners to help athletes expect and prepare for those stressors.

What's an unexpected stressor?

An unexpected stressor is an occurrence that athletes didn't foresee or anticipate (Dugdale et al., 2002). When asked about common but unexpected stressors, athletes list physical ailments (such as injury or discomfort), competition outcomes (such as conceding points), and in-competition interactions (such as heckling by spectator).



These occurrences, though not ideal, aren't rare. Rather, many stressors reported by athletes as unexpected are within their scope to be prepared for. For example, conceding points is unlikely to be a complete surprise. It's probable that an athlete experienced a similar stressor in past competitions and could recognize that conceding points is a possibility. However, athletes still perceive these events as unexpected. They have the potential to negatively affect their coping, stress, and performance.



Recommendation 1: Acknowledge that deviations can and will happen

Athletes aren't typically prepared to deviate from competition-related norms, expectations, and personal hopes (Thatcher & Day, 2008). It's crucial to encourage athletes to consider and prepare for the reasonable possibility that there may be differences in what they think will happen, and what actually happens. For example, there may be times during competition when something doesn't go the athlete's way, such as an unfavourable referee call, conceding points, or errors. Alternatively, there may be instances that deviate from competition norms, like changes to the event schedule or unusual crowd behaviour. Preparing athletes for the possibility that the competition won't go exactly as planned may reduce the impact of such deviations if they happen.

Recommendation 2: Go back to the basics in high-stakes competitions

In high-stakes competition, such as a championship game, regular competition stressors are just as likely to happen. For example, points may still be conceded and referees may still make unfavourable calls. Although one can't anticipate and prepare for every situation in sport, it may benefit athletes to be realistic about considering possible stressors that are undesired or not typical in competition, but still common enough that athletes should prepare for them. Coaches and practitioners can help athletes recognize this possibility and support them in identifying and preparing for such stressors.



Recommendation 3: Engage in comprehensive planning

Working collaboratively with athletes to anticipate stressors can provide structure and support to help athletes consider possible scenarios for upcoming competitions. One way to do this is by using “what if” scenarios (Bull et al., 1996; Thatcher & Day, 2008). When working through a “what if” scenario, an athlete is prompted to consider the events that might happen and contemplate how they might respond to such events (Bull et al., 1996). “What if” plans should include “typical” competition stressors, such as nerves and spectators, stressors that don’t align with one’s expectations and hopes, such as conceding points and negative competition outcomes, and stressors that are unfamiliar or not typical of competition, such as potential discomfort and new venues. Making an intentional effort to identify potential stressors and how to manage them is the key to comprehensive planning.

If
"X" stressor happens...
Then
I'll do "Y" to manage it

If spectators or opponents are becoming distracting, then I'll place my attention inwards and focus on what I can control.

If I feel off or feel a bit of pain in my warm-up, then I'll talk to my coach or trainer.

Recommendation 4: Recognize similarities with others

Some athletes have reported perceiving stressors as unexpected, not because they were unfamiliar with the stressor, but because they didn’t expect such stressors to happen at their competition (Gould et al., 1991, as cited in Dugdale et al., 2002). We should encourage athletes that when anticipating stressors prior to competition to recognize how other athletes (such as teammates and opponents) are like them. This promotes the understanding that the athletes aren’t immune to experiencing stressors. One way to do this is to ask athletes to “list ways in which other people experience similar events” (Mosewich et al., 2013, p. 519).

Coaches and practitioners shouldn’t encourage athletes to be mindful only about stressors that they’ve experienced or could experience. They should also encourage athletes to learn from past stressors faced by teammates, opponents and other athletes.

Ask these questions to help athletes identify possible stressors for an upcoming competition.

- What stressors do I typically face during competition?
- What are some uncommon stressors that have happened or could happen during competition?
- What is an example of a time where something didn't go as planned or expected during competition?
- What are some unexpected stressors that I've faced in the past?
- What are some relatively common stressors that may happen in the upcoming competition?
- What are some new or uncommon stressors that may happen in the upcoming competition?
- What are some events that could be stressful if the competition doesn't go how I expect or hope?

Tip: After athletes answer each question, ask them how they would manage such stressors if they were to happen!

Ask these questions to help athletes recognize how they are similar to other athletes:

- What are some stressors that I've faced that my teammates and competitors have also faced?
- What stressors have my teammates or competitors faced that I could also face?
- What are some stressors faced by other athletes that could happen to me in the upcoming competition?
- Based on the stressors faced by other athletes, what are some stressors that I should prepare for?
- How can I learn from the stressors faced by others?
- How can I learn from unexpected stressors that I've faced before?

Moving forward: Expected and not a surprise

Given the challenges associated with unexpected stressors and how often they happen, it's important for athletes to expect and prepare for stressors during competition. Coaches and sport psychology practitioners can help athletes do this. Unexpected stressors aren't always new or difficult to anticipate, so athletes don't anticipate the need to manage them. Perhaps attention needs to be given to the "unanticipated." Unexpected events will inevitably happen in sport, but coaches and practitioners can support athletes in preparing to anticipate and overcome the many stressors athletes may face in sport.

If you're interested in learning more about the perception and management of unexpected stressors, please contact bjsereda@ualberta.ca.

About the Author(s)

Ben Sereda, M.Sc., is a doctoral student in the Faculty of Kinesiology, Sport, and Recreation at the University of Alberta. He's involved in sport psychology research and consulting and is interested in practically supporting athletes in achieving their sport potential. He's particularly interested in how athletes perceive and respond to setbacks and challenges in sport.

Nick Holt, Ph.D., is a professor in the Faculty of Kinesiology, Sport, and Recreation at the University of Alberta. His research focuses on psychosocial aspects of participation in sport and physical activity among children, adolescents, and their families. He created the PYDSportNET knowledge translation initiative (@PYDSportNet on Twitter and <https://www.positivesport.ca/Opens in a new window>). In his spare time, Nick is a soccer coach and a slow ultramarathoner.

Amber Mosewich, Ph.D., is an associate professor in the Faculty of Kinesiology, Sport, and Recreation at the University of Alberta. Her research focuses on stress, coping, and emotion in sport. A key directive of her work is to understand the psychological skills and resources necessary for successful, healthy and positive sport experiences and how best to foster their development.

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Aqua 1 – Mia Champagne



Aqua 3 – Jesse Theriault



Aqua 4 – Olivia Cummins



Aqua 2 – Rosie Sinclair



APJ – Sara McNabb



Swimmer of the
Month
Oct 2021

FIRST IN LAST OUT

Awarded to the swimmer who comes prepared to practice, participates to the best of their ability and is enthusiastic.

APS – Sammy White



Did you know...

We are not permitted to take photographs or videos at any of the facilities/pools FAST swims at - YMCA, Fredericton Indoor Pool or UNB. This applies to all practices and swim meets.



Volunteer Spotlight

Stephanie Savoie and
Renée Theriault

Both Stephanie and René took the reins of running the Oct 23 Bottle Drive. They spent a lot of time leading up to Oct 23, planning, organizing trucks/pick ups, making sure the Bottle Drive was advertised, and a lot more!

Andrea Addison

Andrea planned and organized the 2021 Awards Banquet for us. Thank you, Andrea, for all the time you spent making sure this was a special night for our swimmers and coaches.

Thank You!

Wanted! Volunteers for:

- Financial Review Committee
- Meets & Officials Committee
- Fundraising Committee

If you are interested, please contact fastswimmingoffice@gmail.com for more information

MLTC Meet Clothing Orders

Deadline: Nov 12

\$30



FAST Bottle Drive Oct 2021



Thank you for helping make this fundraiser a success!



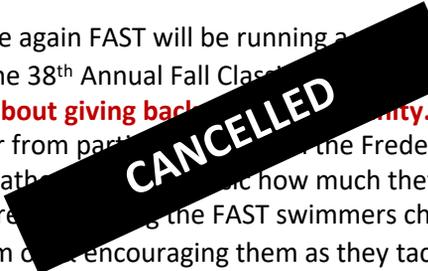
Upcoming Community Support Opportunity for our Swimmers

Fall Classic

Run Event

Oct 17, 2021

Once again FAST will be running a ~~table~~ at the 38th Annual Fall Classic. **This is all about giving back to the community.** We hear from participants of the Fredericton Marathon how much they appreciate the FAST swimmers cheering them on and encouraging them as they tackle this arduous run. **Athletes supporting athletes!**



A Sign-up Genius will be circulated before this event

FAST Holiday Wreath Fundraiser



Update

Our current wreath supplier is unable to provide us wreaths this year.

We are looking into alternative options – stay tuned!

FAST Custom Pottery Mug

A special gift to our outgoing extraordinary volunteers!

FAST has commissioned special pottery mugs to give as special recognition gifts to our outgoing volunteers who have contributed in the following ways:

- served on the BOD for minimum 2 years
- chaired an active FAST Committee for a minimum of 2 years
- was an exceptionally active volunteer, who contributed to FAST in an extraordinary way

Nominations:

Each Year prior to the Awards Banquet, a committee of three individuals (President, Vice President, Past President) will review all the names nominated to receive a mug. Majority rules...

A call for nominations will be sent in April of each year. (same time as volunteer of the year nominations)

Who can nominate:

- any BOD member
- any Chair or Coordinator
- Volunteer Coordinator



2020-2021 Recipients:

- [Mike O'Connor](#) – Outgoing BOD
- [Mike MacDonald](#) – Outgoing BOD
- [Jenny Scott](#) – Outgoing BOD
- [Leyla Lougheed](#) – extraordinary long time FAST volunteer, parent liaison, covid officer, past president
- [Isabelle Scholten](#) – extraordinary long time FAST volunteer at swim meets as well as the Lets Pool Together/New Pool initiative, former FAST Treasurer



Salmon Fundraiser

DEADLINE TO ORDER: Nov 15

What you get: 10 lb box fresh salmon fillets

Price: \$115/box

Fundraising Benefit: For each box you order, \$16 will be credited to your FAST account to help pay for your FAST fees

When: tentative pick-up date is Dec 14 at 7 Hawthorne Crescent

[Order Salmon Here](#)

FAST honor's Truth and Reconciliation always!



Aqua Dates

Group

| Date | Event | PC | AQ1 | AQ2 | AQ3 | AQ4 | APJ | APS |
|-----------|---|----|-----|-----|-----|-----|-----|-----|
| Nov 4 | Officials Clinic – Stroke & Turn Sign Up Here | | x | x | x | x | x | x |
| Nov 5 | Deadline to Decline Invitational #1 | | | | x | x | x | x |
| Nov 6 | Premier #1 Swim Meet – Saint John | | x | x | x | | | |
| Nov 15 | Deadline Salmon Fundraiser | x | x | x | x | x | x | x |
| Nov 19 | Deadline to Decline Premier #2 and MLTC Meets | | x | x | x | x | x | x |
| Nov 20-21 | Invitational #1 - Sussex | | | | x | x | x | x |
| Dec 4 | Last Day Pre Comp Fall Session | x | | | | | | |
| Dec 6 | Registration Opens Pre Comp Winter Session | x | | | | | | |

Please see our [website](#) for last minute changes to our schedule as well as Swim Meet & Practice dates

Volunteering – we need you!

Stroke & Turn Judge — A Stroke Judge walks the distance alongside the side pool, typically between the backstroke flags, and observes the swimmers on their half of the pool. The stroke judge ensure compliance with the rules pertaining to the mechanics of the swim such as arm stroke and kick.

| | | |
|--------------------------------|------------------------------------|-------------------------|
| Timer | Hospitality | Starter |
| Stroke & Turn Judge | Canteen & Program Sales | Chief Timekeeper |
| Safety Marshal | Referee | Electronics |
| Set Up & Take Down | Runners | Marshals |
| Announcer | Meet Sponsorships | Meet Manager |

FAST Coaches Advice to Swimmers

Time Management, Sleep and Nutrition

- Managing your schoolwork is your top priority so get on it as soon as you can and do not leave any assignments or projects for later. Even if it seems like a good idea at the moment, it's almost a guarantee that a week from now you will have more homework and less time.
- Find time to do some of your work at the library, or between practices at the pool (you can use our office-just wear a face mask). Additionally, leaving everything for Sunday is not a good strategy as often you will find yourself needing more time as one component may take more time than you thought it would.
- Bedtime routine- morning practices (especially the first week or two) will add additional stress onto your body. Going to bed early enough is crucial to get enough sleep so you can be active throughout the day at school after morning practices.
- Find a consistent bedtime (around 9pm) so your body can learn the routine.
- It's a good habit to leave your electronics in a different room so you don't have to check for messages or play games.
- It's also important that on Sunday you don't sleep in till noon or later. By doing so you mess up your internal clock and you will not feel tired at your normal bedtime. That means you will be wide awake at the time when you should be asleep. Your body needs a certain number of hours to be awake and you can't just shut it down like a switch. Sleeping in means 8 or 9 am.
- Nutrition is also a big part of your wellbeing. Take time to pack enough food for school and to have it after morning practice or after school, before practice.

**FAST
TEAM
CHEERS**

Caller
Answer
Together

Dynamite

Our team is what?

Dynamite!

Our team is what?

Dynamite!

Hold on wait a minute

FAST let's put some spirit in it

Tick tick tick tick boom

(x3)

Dynamite!

Naughts On the War Path

Give me an O

O

Give me another O

O

Give me another O

O

What do you got?

Ooooooooooooo

Give me an A

A

Give me another A

A

Give me another A

A

What do you got?

Aaaaaaaaaaaaa

Ooo aaaa naughts on the warpath!

Ooo aaaa naughts on the warpath!

Ooo aaaa naughts on the warpath!

1, 2, 3, FAST

Don't get stuck paying for Swim Meets you can't attend

Decline attending BEFORE the Deadline to Decline

November Birthdays

Scott Addison

Addison Deap

Hannah Geisterfer Nyvlt

Myles Murphy

Hannah Casey

Reese Gaines

Claire Gillespie

Maeleigh Murphy

Elko Chilibeck

Clara Gauthier

Jax Howard

Mackenzie Norris

Swim Meet Officiating

An “Official” is a volunteer who has been educated and qualified to exercise authority over the running of a swimming competition (Swim Meet). Officials are trained in various aspects of running a swim meet to ensure competitions are held fairly and consistently as per SNC rules and requirements.

For a single session meet in an 8 lane pool, there is a minimum of 40 people required. However, given restrictions placed upon swimming Teams due to the pandemic, Swimming Canada is working on reducing this number of officials required, while at the same time, ensuring rules and regulations are still followed.

Time keepers – The Timers are located behind the starting blocks of their respective lanes at the start end of the pool and are responsible for the timing of swimmers using the semi-automatic timing equipment (plungers) and / or stop watches.

Chief Timekeeper - There is usually a Chief Timekeeper who is in charge of the timekeepers and provides assistance to them.

Stroke and Turn Judge - Stroke and Turn judges are charged with observing the swimmers and reporting infractions of the rules of each stroke. Inspector of Turns - will be positioned at the start and turn end of the pool and observe the starts, turns and finishes. Judges of Strokes are positioned along the side of the pool and will observe the swimmers during the stroke portion of each race.

Referee - The Referee is the official with the most authority on deck (also the one with the whistle). The other officials on deck are accountable to the Referee. Referee Clinics are usually offered through Swimming NB. If you’re interested in becoming a Referee, please email Cynthia Duguay at fastmeetsofficials@gmail.com

Starter - The Starter, working with the Referee, is responsible for starting the race and judging the fairness of the start.

Clerk of Course - The Clerk of the Course is responsible for organizing the swimmers on the deck, and may also combine heats where there are empty lanes if so instructed by the Referee.

Chief Finish Judge / Chief Judge Electronics - This Judge determines the official times, results and placing of the swimmers.

Recorder/Scorer - The recorder is responsible for compiling the times and generating result printouts using swimming specific software.

Meet Manager - The Meet Manager is the general manager of the entire competition. He/she has duties before, during and after the meet. Meet Manager Clinics are usually offered through Swimming NB. If you’re interested in becoming a Meet Manager, please email Cynthia Duguay at fastmeetsofficials@gmail.com

Other Volunteers - A fully staffed meet may also require an announcer, runners to collect paperwork and post results, and volunteers for food, awards, and fundraising activities.

As you can see, a swim meet is a major undertaking that requires a significant number of volunteers and officials to get involved.

Contact Cynthia Duguay for more information about Officiating – fastmeetsofficials@gmail.com

Say What you See

It is really important to **talk to your friend** if you're concerned that they might be struggling with their mental health.

Describe the changes you've noticed in them and tell them why you're worried.

What do I say?

Starting the conversation may seem really daunting. That's ok, we get it. But it's actually way easier than you'd think. Just tell them what changes you've noticed and ask if they're ok. Simple as that. Stick to the facts. Don't judge. **Don't make assumptions.** Just say what you see.

"I've missed you at soccer the past couple weeks. Is everything ok?"

"You've seemed really down the past few days. Is there anything you want to talk about?"

"You've been so busy lately, are you taking time to eat? I miss having lunch with you."

When do I say something?

A good rule of thumb is to reach out when you notice something is different. Maybe your friend isn't laughing as much as they used to, or maybe they're skipping class more than usual. If they just aren't themselves lately, they might be having a hard time. Reach out and say something.

Everyone is unique so it definitely can be hard to tell whether someone is struggling with their mental health or just experiencing the regular ups and downs of life. But if you're worried, there's no harm in checking in.

If someone is really distressed and they pose a threat to themselves or others, this is a mental health crisis. This is not the right time to discuss the nuances of their mental health, it's a time to take action. Think of it this way; if there's a fire, the first thing to do is call 9-1-1 and get out of danger rather than try to figure out what started the fire. If you witness or suspect a crisis situation, call a helpline, 9-1-1 or emergency services right away. If you think you should call 9-1-1, then you probably should. Gut feelings are underrated.

Facing Resistance

What if it gets really awkward? Yeah, it might. Embrace it. We'll take the uncomfortable conversation over staying silent, any day of the week.

Say what you see, let them know you care and count this moment as one of the many awkward but worthwhile experiences in life - first dates, braces, mistaking a highfive for a hug, etc.

If they don't want to talk, don't take it personally. Despite our best intentions, these can be tough and upsetting conversations. You can't control someone's emotions, nor should you try to. If someone is getting upset or starting to panic, take the hint and ease off.

[Bethere.org](https://www.bethere.org)

*Let's create a world
where we can all
better support one
another*

The Golden Rules

1. [Say what you see](#)
2. [Show You Care](#)
3. [Hear Them Out](#)
4. [Know Your Role](#)
5. [Connect to Help](#)



Whenever you need to talk, we're open.



Text 686868

KidsHelpPhone.ca

Call 1-800-668-6868

Message at Facebook.com/
CrisisTextLinepoweredbyKidsHelpPhone

Kids Help Phone 

For more information about Volunteering Jobs, how to submit your hours, etc. please refer to our website:

[Volunteering & the Family Participation Plan](#)

FlipGive

Do your shopping through Flipgive and a % of every dollar you spend goes to our Team.

Invite friends, family, coworkers to download this app and use our unique Team Code.

Last year our Team earned \$716.84!!!! And it didn't cost us a penny!

Funds earned through Flippgive will be put towards Coaching Fees for Swim Meets. This means the more we earn through Flippgive, the less you will pay for Meet Fees.



[Download the App today!](#)

FAST Team Code:

BMCCMW

Do you have FAST Drinkware?

Get them while you can, they make great gifts!

\$10 each



[Order FAST Clothing & Merchandise Here](#)

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